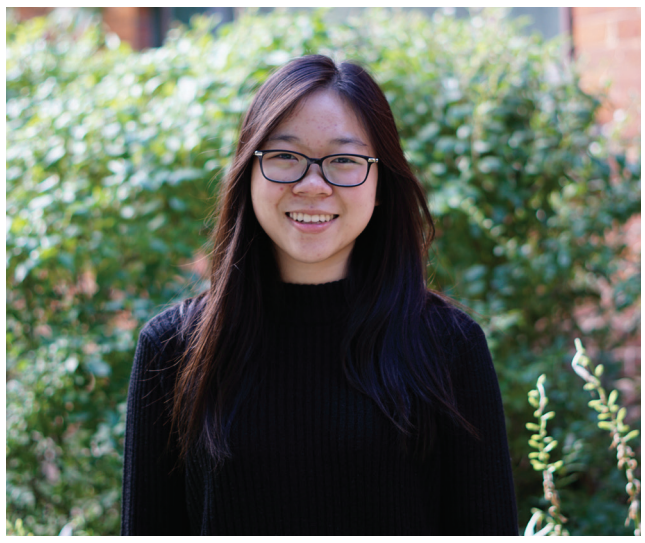
THE INNIS HERALD

VOLUME VI, ISSUE 1 — 18 OCTOBER 2019

Innis takes on the Student Choice Initiative

Three student leaders reflect on the frustrations, surprises, and silver linings of the Ford Government's policy



COURTESY OF JADINE NGAN

CINSSU President Tara Suri (left), ICSS President Nancy Zhao (centre), and IRC President Josie Meza-Silva reflect on the challenges and surprises of the Student Choice Initiative.

Jadine Ngan

INNIS LIFE

As the last academic year drew to a close, students stepping into positions of leadership across U of T and Ontario did so with a sense that they would be charting unknown territory. On March 29, 2019, the provincial government announced its official guidelines for what it called the Student Choice Initiative (SCI). The SCI mandated that students should be able to opt out of university fees deemed 'non-essential'. As a result, student groups and societies offering services and programming failing to qualify as 'essential' have had to reckon with unprecedented funding unpredictability.

Nancy Zhao, President of the Innis College Student Society (ICSS), was elected to office a week before the guidelines were released and her council hit the ground running with plans to respond: "From the start of our terms, [the SCI] was a big thing on all of our minds. Because the policy made some changes in funding structure and how we receive student fees, we had to change the way that we would budget for portfolios and events throughout the year." As Innis College's broadest student-led organization, the amount of funding the ICSS receives has a far-reaching impact across the college. "We support a variety of initiatives at Innis... the Innis Herald, CINSSU, and a variety of Innis Clubs."

The ICSS's fall opt-out results, while still posing a challenge, were not what Zhao braced herself for. "We had various fee lines. From those our average opt-out rate was around 25, 26 percent," which was lower than expected. With this, cuts certainly do need to be made and will be discussed at an upcoming budget meeting. "We really hope that we can maintain the quality of what we provide and that students can still enjoy the events and everything that we've provided in the past and have that continue this year."

Her sense of optimism and determination to work with the numbers are intertwined with hours of preparation and advocacy. "Especially with Innis, it's such a tight knit community and we wouldn't want any of these funding changes to affect how that community is fostered." She cited the Choose U of T campaign as one avenue of raising awareness around the ICSS's value and was involved in some Innis-specific awareness efforts as well.

Josie Meza-Silva previously helmed the social portfolio for the Innis Residence Council (IRC); she now serves as the president. She noted that the council's biggest goal "is to make [residence] feel like a home," but constitutionally, it exclusively serves fee-paying students. Understandably, the introduction of the opt-out system complicates this, as the council is not privy to information regarding which students opted out of their fees and which paid their fees. "We're gonna try to make different constitutional amendments to support those students who can't afford [to opt in], because I don't think anyone should be excluded for any reason."

As a residence council, Meza-Silva and her team have seen the SCI play out differently than many other student organizations. Having been informed with a week's notice that IRC fee payments would be administered alongside residence fees on the ROSI portal in April, she was left nearly no time to prepare. "A lot of other residence councils [had] this issue as well, because we thought we had September to start planning for everything." Though this left her nearly no time to advocate, it has come with its advantages: "The IRC's actually not affected by the second opt out period [which runs from November to January]. We're lucky in the sense that everything was done all at once in April. We have our for-sure numbers now."

"We're also opening up an opt-back-in session [in] the lobby, because a lot of students reached back out to us and said, 'Hey, I didn't know that this is what you guys do and we actually want to opt back in.'"

In navigating the expansion of the IRC's constituency, the council has had to make some difficult considerations. "A lot of our money also comes from previous years where students have paid the IRC fee," Meza-Silva says. As a result, her council has determined that those who opted out will not be eligible to run suite events using IRC money. "So if you haven't paid the fee, you'll be able to participate in any event that you want, but when it comes to reimbursement,-- that's the only stipulation we're gonna have." In addition to this, ticket discounts for events like semi-formal will only be applied to paying members.

Students will not be the only ones affected by the budgetary changes caused by the SCI. The Cinema Studies Student Union (CINSSU) is best known for its Free Friday Films, which run out of the Innis Town Hall and are open to the public. "I'm sad," said CINSSU president Tara Suri, "because the first month was a very successful month and we have to cut back now, even... filling [Town Hall] almost every week."

"The reality did not quite set in for a lot of our executive members until we saw the opt-out results... when I sat down with the group and told them that we lost a third of our budget, there was a very significant change in the mindset of the group. When we came together in June, we were very excited to plan this year." She adds, "We have this deep desire within our community to expand and it's happening at a time when we have to pull back.

"We used to start out the year with a very clear budget and a very clear plan and there was no stress involved. There is a palpable sense of stress amongst the group now."

She highlights that between securing rights, prints, and the venue, showing films is incredibly expensive.

Continued on page 3...

INSIDE this issue. . .

Overcoming climate change denial 2

Why you should vote 7

Unusual study spots 9

Spooky Halloween recipe 10

Spooky Halloween playlist 15

THE
INNIS HERALD

EDITOR-IN-CHIEF
DARIA MANCINO

MANAGING EDITOR
JULIE SHI

LAYOUT EDITOR
ANYA CARTER

**ONLINE EDITOR &
SOCIAL MEDIA COORDINATOR**
DANIEL LI

CREATIVE DIRECTOR
JADINE NGAN

CREATIVE ASSOCIATE
CYNTHIA ZHENG

SENIOR COPY EDITOR
LOUISA YOU

JUNIOR COPY EDITORS
LINDA CHEN
OLIVIA FRASER

CONTRIBUTORS
AL-AMIN AHAMED
GEORGE KELL
SARAH LAUDENBACH
MEGHAN GHERON
SABINE OSMANN-DEYMAN
EMMA PAULUS
ROCHELLE RAVEENDRAN
SHANKHALIKA SRIKANTH
MARLOES STREPPEL
VARTIKA SUNEJA
MICHELLE ZHANG

**PHOTOGRAPHERS
AND ILLUSTRATORS**
AL-AMIN AHAMED
WINSTON CHAN
CHRISTINE FITZGERALD
ISOBEL HEINTZ

THANKS TO
EVERYONE WHO OPTED-IN

FOLLOW US!
@theinnisherald
www.theinnisherald.com

The Innis Herald has given a voice to the students of Innis College and the University of Toronto since 1965. We circulate 1000 copies of our paper to Innis students, alumni, faculty, and anyone else who happens to come across it.

We are committed to covering stories that matter to students. Our content aims to help students connect to their college, campus, city, and world.

Our house is on fire: why don't you care?

COURTESY OF JADINE NGAN

A group of Innis students attended the Global Climate Strike. Louisa You asks how we can get more people to care about climate change.

Louisa You

OPINION

Climate change spells out the death of entire ecosystems, the loss of countless species, and the extreme transformations of our coastlines and oceans. And while the current predicament is largely the result of industrialization and development of Western civilization and the global south, the people being hit the hardest are largely in the less developed nations: examples include the deadly heat waves in India and the typhoons hitting Pacific Asia that are getting stronger each year because of warming seas.

Given the overwhelming scientific evidence and cases of extreme weather that have been linked to climate change, why isn't everybody freaking out? Why isn't climate catastrophe the number one priority? Why did the United States draw out of the 2016 Paris Accords? Why did Canada never ratify its predecessor, the 1997 Kyoto Protocol? And more recently, why did Justin Trudeau invest in oil pipeline projects?

You might have heard of the term "climate denial", but what makes certain people blind (or perhaps unsympathetic) towards these issues?

Two psychology professors at the University of Toronto offer some possible explanations for differing environmental attitudes.

Professor Matthew Feinberg, who teaches at the Rotman School of Management, published a study in 2013 exploring whether environmental attitudes were based on personal moral convictions. The article is titled "The Moral Roots of Environmental Attitudes" and was published in the journal *Psychological Science*. He and his colleague found that some people's attitudes towards the environment are rooted in their moral values and that morally-rooted attitudes are associated with more conviction and obligation towards such issues.

But what makes you more likely to see environmental issues as moral issues?

Feinberg draws on the five fundamental foundations of morality as described by Jonathan Haidt (also known for his book, *The Coddling of the American Mind*). The 5 domains are: harm/care, fairness/reciprocity, in-group/loyalty, authority/respect, and purity/sanctity. If this theory has piqued your interest, I urge you to look into this work, but for the purposes of environmental attitudes and this article, we are only going to look at harm/care.

This harm/care aspect of morality encompasses caring about other people, understanding their pain, and embodying virtues of kindness and gentleness. The researchers found that environmental discourse usually evokes these concerns, so if your personal conception of morality is based a lot around the harm/care foundation, you might be more likely to see environmental issues as moral issues, and thus feel more strongly or feel more responsibility to act on these issues.

Another study on environmental attitudes was done on campus with U of T undergraduate students by Professor Dan Dolderman, who is well known for teaching PSY100. (If you have taken his class you might be having flashbacks right now to his imaginary surfer friend who was somehow a part of every test question.) In 2007 Dolderman, along with his colleague, published an article titled "Personality predictors of Consumerism and Environmentalism: A preliminary study" in the journal *Personality and Individual Differences*.

This research focuses not on moral foundations but on personality traits. The researchers found that the personality trait of agreeableness (the degree of empathy and compassion) was associated with whether undergraduate students were more materially or environmentally concerned. Agreeableness was found to be positively associated with environmentalism and negatively correlated with consumerism.

So what does this research mean? Actually, the implications are quite astonishing. As Feinberg points out, political liberals are more likely to base their morality on harm/care whereas political conservatives value other foundations, such as authority/respect and purity/sanctity. Sure enough, we see that environmental issues do witness such political polarization. Dolderman posits that the agreeableness personality trait is associated with environmental goals through a mechanism of empathy and self-transcendence.

This is not to say, however, that climate deniers are just all conservative and selfish, or that there is no hope for convincing them of climate change.

In fact, the research implies that climate denial may be ameliorated by changing the way we talk about the environment. Feinberg conducted a study in which participants were exposed to environmental discourse that was either framed through traditional harm/care values, or the known conservative ideal of purity/sanctity, or a neutral control condition. They found conservative participants in the purity/sanctity condition expressed more concern and belief in climate change and supported pro-environmental legislation more than conservatives in any other condition.

This study suggests that by changing the way we talk about climate change, we can appeal to different people's morality and thus increase their concern for the environment. I am personally not an expert in psychology (yet) but it might be a good first step.

Where is our food going?

Combating household food waste

Julie Shi

SCIENCE

Lots of attention has been directed in recent years to the alarming amount of plastic waste that we generate through disposable containers and utensils. Not so much attention has been afforded to the food that these items were made for.

As of this January, however, research has found that Canadians are wasting an incredible 35.5 million tons—or 58 percent—of the food produced in Canada. This was reported by Canada's largest food rescue charity Second Harvest in "The Avoidable Crisis on Food Waste." Second Harvest further discovered that of this waste, 11.2 million tons, 32 percent is avoidable; it can be saved and redistributed to communities in need.

Avoidable food waste refers to the edible food that ends up in the compost or garbage instead of our stomachs. The relatively smaller percentage of unavoidable food waste is limited to the parts of produce that cannot be sold or eaten, such as peels, bones and eggshells.

Food waste costs the nation almost $50 billion, the average household sending $1,800 worth of food to decompose each year. With one in eight households across Canada already identified as food insecure in 2012, according to U of T food insecurity research group PROOF, avoidable food waste contributes to the loss of redistributable foods that could have been redirected to benefit vulnerable households.

According to the City of Toronto's waste reduction department, the vast majority of avoidable food waste can be traced back to poor consumer habits. Overbuying, overcooking and poor food storage, alongside misconceptions about best before dates, fast tracks foods to the curb.

Food waste can be reduced through informed consumer practices and producer practices, writes Julie Shi.

Where the general understanding is that food is unsafe for consumption after the printed best-before date passes, Second Harvest CEO Lori Nikkel explains that the date really corresponds with a conservative estimate of its "key freshness." According to CBC, the only exceptions where food should in fact not be consumed after the given date are baby formula, meal replacements, protein bars and a handful of prescriptions.

The City also recommends preparing and planning meals based on food perishability, making smoothies and "baked, stir-fried and grilled dishes" for produce that's past its prime, and storing food in appropriate conditions to maximize freshness in the fridge or freezer.

Making such adjustments helps the atmosphere too, as the food waste that decomposes in landfills contributes an equivalent of 56.5 million tons of carbon dioxide emissions to the atmosphere. The report also explains that the effect of methane produced by decomposing food is 25 times stronger than that of carbon dioxide.

In Toronto, the situation is just as grim. Accumulating over 90,000 tons of food waste each year, the City indicates that only 80 percent of it makes it to compost. The city also notes that more than half of the waste produced by single-family households is avoidable.

At U of T, Food Services collects food waste from kitchens under their management. Over 20 organic waste bins have also been installed around campus to encourage students, staff and faculty to compost their food waste.

But simply composting doesn't reduce avoidable food wastages. Nor can the consumer alone address this problem.

Among the key drivers of avoidable food loss and waste that Second Harvest identified, three focused on production. From labor shortages and low prices that discourage harvest and results in rotten produce and untenable land, to last-minute cancellations that force farmers to plow thousands of acres under, producers are hard-pressed to prevent the loss of produce and harvest land when it is embedded in the food chain.

"The outcomes of this report make it very clear that we need to radically change how we as Canadians value food," Nikkel said during a news conference following the release of the report. "The abundance of food we produce has led us to dismiss its intrinsic value."

Student Choice Initiative, *continued from page 1*

"Events that meant something to the students here and are part of our legacy had to be cut to maintain the core of our programming, the Free Friday Film. And we need to keep that free, because that's a big part of our legacy here."

Among many organizations, there is a pervasive element of uncertainty that has driven student organizations to plan beyond their term. Meza-Silva mentioned a contingency plan for the IRC that will see successive years budgeted for; Zhao has plans to continue raising awareness of the ICSS's value for future terms and hopes to look into reasons students opt out.

"How much of our savings do I spend this year to keep the boat floating? And what happens if we get cut even more this year?" Suri asks. "There's a sense even amongst members of the public ... that things are changing and this reliable community element might not be [like] this forever. This year, we are able to compensate a little bit from our savings, but... they'll only last for a year or two, and once the savings go we have nothing to fall back on. That absolutely will mean cutting back more films and more events than we already have if things don't change.

"It feels like we're living in a time where all these things that we work towards and that we've grown to love as a community have disappeared."

Among the three student groups represented, CINSSU has lost the largest portion of its funding and Suri's frustration is clear. "It's not really even up to the students in a way... with OSAP getting cut simultaneously, it almost felt like students were being forced to choose not to support groups that they love and enjoy. I have a deep appreciation for how expensive attaining an education in this province is, and how hopeless it can feel. And when you put people in that position, they don't always get to choose based on what they want. It's based on what they can physically make possible for themselves. It's called the Student Choice Initiative, but it doesn't really give students a choice."

Zhao likewise acknowledged this: "we understand that some students are in a position where they aren't able to pay for these additional fees."

To Suri, "part of what makes U of T such a special school is its integration within the city of Toronto which has so many opportunities... groups like CINSSU can offer [a] sense of community and sense of connection to the wider city simultaneously. You're able to take advantage of what Toronto has to offer without feeling like you're alone in it.

"When you cut back to just bare-bones academics, you're leaving students with a sense of loss. Being an academic achiever is a multifaceted experience... There's a sense of confidence and belonging that is necessary in engaging academically in a school that is this rigorous and can seem so daunting."

Meza-Silva's words sum up the sentiment well: "[the SCI is] hurting students right now. It's hurting a lot of different communities and groups on campus."

Understandably, student leaders' responses to the SCI have leaned towards the negative, but Zhao, Meza-Silva, and Suri were all able to draw some hope from the situation. Zhao feels that the lower-than-expected opt-out rates indicates that students do value the ICSS's services. "We're really glad that we're receiving this much support already, and we really hope that that can continue into future terms. And we hope that student organizations can continue to thrive despite all these policy changes around their fees.

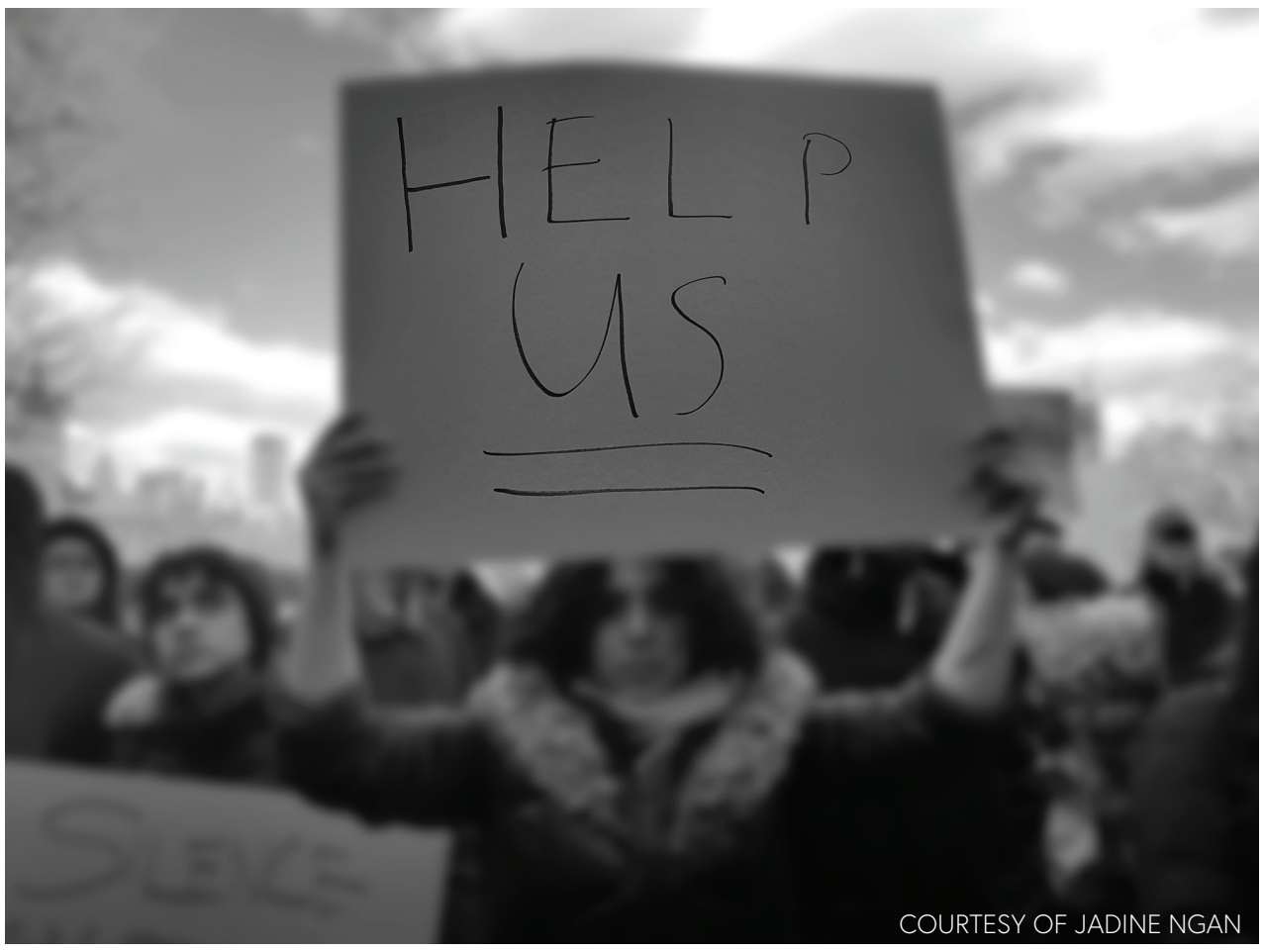
In a similar vein, Meza-Silva looked to the IRC's lower-than-expected opt-out rate as a cause for optimism. "19 percent... that's really amazing and more than we even hoped for."

Suri is glad to see a continued environment of inclusion on campus, despite the potential for a divide between those who paid fees and those who didn't. As well, she's proud to have witnessed such resilience in the U of T community's SCI response. "I am seriously impressed by the work that I've been seeing across campus. It's brought me closer to some student leaders I probably wouldn't have interacted with otherwise... [I] bonded with them over how frustrating this whole experience has been."

"There's a silver lining in that."

The case for institutional responsibility

Sabine Osmann-Deyman
OPINION



COURTESY OF JADINE NGAN

A student attending a protest for mental health at Simcoe Hall.

Content warning: discussion of mental illness (depression, anxiety).

On September 15th, an opinion piece was published to The Medium—"The Case For Personal Responsibility". I don't recommend you read it; as far as unethical reporting on mental health goes, this is a good example of it. To see it published in one of U of T's student newspapers amidst a mental health crisis is disheartening, and more importantly damaging. I am very, very lucky that I am currently in a place with my metal health that I can read this article and take it with a grain of salt (if even that). Others might not be.

A background: I'm an Innis College student suffering from two diagnosed mental illnesses, depression and anxiety. I study part time (because of my illnesses), pursuing a specialist and two minors while also working part-time on the side. My illnesses are not recent, and I'd say I'm not new to navigating mental health resources and dialogue. I currently consider myself to be safe, though (to put it lightly) not at the peak of my well-being. Just getting to this level of mental wellness has been a lot of hard work, and I'm lucky to have been able to manage it.

But I haven't always been lucky, and not everyone is.

I'm not going to tackle this article through mental health statistics and statements from professionals. While those are valuable, they have already been reported by media inside and outside of U of T and I don't see any sense in parroting others. I also believe that we need to collect and focus on the stories and experiences of students in order to truly grasp and address the crisis we are in. Our experiences with mental health at the University are simultaneously unified and diverse; if we distance ourselves from the problem and look at numbers alone we will make no progress. Let's get personal!

I'm not going to exaggerate and say that my depression symptoms began in university, but it is when I found they congregated into a formal illness. I had probably been diagnosably ill for at least a year, before hitting a breaking point at the end of second year and being assessed by a doctor. I've been doing everything I can to better myself since then, to varying levels of success. Sometimes I can't do anything at all.

Regarding the case for personal responsibility, it assumes a strong victim-blaming approach to seeking better health. It belittles those who are ill and those experiencing symptoms of illness. (Try harder, it seems to croon. It's your fault you're like this.) It attempts to absolve the University of blame, as if simply the presence of Health and Wellness counts as a sufficient resource. This is an easy stance to take if you don't have first-hand experience with mental illness or navigating health care resources—unfortunately, it is also ignorant and irresponsible.

First off, getting yourself to the point where you can access a resource while suffering from mental illness and symptoms of such can be excruciatingly difficult. It's like breaking both of your feet and being stuck with no transportation to the hospital. You might find a way to get there eventually, but, given the circumstances, it won't be easy. Second, accessing resources doesn't always go the way one would hope. At the end of my second year when I had finally given in and acknowledged how dangerous my symptoms of depression were, I was in crisis and immediately tried to access a doctor at Health and Wellness. I arrived as soon as they opened and asked to see a doctor; when I revealed that it was for my mental health, I was told that they "don't accept mental health walk-ins" and was sent away. This kind of treatment is what sends students further into risk, and if I hadn't walked myself over to a nearby walk-in clinic I genuinely don't know where I'd be today.

I wish I could say that asking me to wait for an appointment at a later date (which is of course not acceptable when one is in crisis) was all Health and Wellness needs to improve upon and all I've personally experienced. Unfortunately, there's more. After failing to start my mental healthcare at the University, I had started accessing doctors, psychiatrists, and therapists outside of the University completely. Thankfully, this has largely worked for me! Eventually I decided I wanted to improve my diet and learn how to improve my mood through healthy eating (which "The Case For Personal Responsibility" would love as it implies diet will cure your mood disorder). So, rather than paying for a dietitian outside of the University, I decided to try accessing the one offered by Health and Wellness. This requires a referral from a Health and Wellness family doctor, and I expected this to be fairly quick and harmless as far as appointments go.

Unfortunately, this was not the case. When I explained to the doctor that I just wanted a referral dietitian to improve my diet (listing my mood disorder as my motivation to do so), she proceeded to belittle me and my diagnosed disorders for the rest of the appointment. In the same vein, she criticized my will to see a dietitian, telling me that they were a scam and that I didn't need one. Despite having informed her that I already had regular doctors at a clinic, a psychiatrist at CAMH, a therapist I saw regularly and that I was soon to be enrolled in group CBT, she found it necessary to attempt to rediagnose me and give me unsolicited advice. You should try eating beans, she said. Have you tried finding a new hobby?

I guess I had been lucky up until that point. Previously, I've been taken fairly seriously when discussing my illness with others. I had never felt so patronized before.

I did leave with a referral to a dietitian, but I also left sobbing and having signed to have my patient data sent over to her from my actual doctor. I was so distraught that there's no way I could have properly consented to it. This appointment did everything it could to threaten my safety, and it succeeded. To this day I am left bitter and unwilling to visit Health and Wellness unless absolutely necessary.

It is disingenuous to say the University's resources are trustworthy when poor experiences are echoed by a significant portion of students. If you manage to get into the University's mental healthcare system, waitlists are long and more often than not your access to a therapist is very short term (and therefore less effective). One therapist also doesn't work for everyone, so the ones provided by the University might not be suitable for you. If you are a full-time student and opt to use the Health and Dental insurance provided by the UTSU, your coverage has been significantly lowered due to sustainability issues making it all the more difficult to access therapy (and if your coverage is from a different union, you likely don't fare any better).

I love optimism as much as the next person, but unfortunately a healthier diet and gratitude journaling won't cure me when the treatment I receive from the University is inadequate and actively puts me at risk. It's hard enough navigating courses, jobs, extracurriculars and other expectations in a community that values excellence seemingly above all else (particularly health). The University certainly isn't making it any easier. If I can step up, so can U of T.

If you're experiencing mental health issues and would like to speak with a professional, here are some options outside of U of T's Health and Wellness department:

- *Stella's Place offers free drop-in mental health appointments (www.stellasplace.ca)*
  Location: Spadina Ave. and Richmond St.
- *Skylark offers a "What's up" walk in therapy clinic (www.skylarkyouth.org)*
  Location: Church St. and Wellesley St.

Kill hustle culture.

Daniel Li

OPINION

#grind #hustle #success

When students open up Snapchat stories during midterm season, they will find at least one of these words on their screen. Some of us probably can't even casually mention how much sleep we got last night without someone jumping in, "six hours? You're so lucky. I got half of that last night," as if it was a competition. Even if it was a game, there are only losers. Hustle culture takes no prisoners.

In the golden age of workaholism, students are told to make every second matter. We're told to be constantly productive and to make sure "the grind never stops." The result is "hustle culture"—the societal fixation with putting maximum exertion in your work, turning a typical work-life balance on its back and living a work-only lifestyle.

It's worth mentioning that there are some obvious benefits to living a perpetually productive life. I would be lying if I said it didn't help me get important work done. However, our culture's obsession with being productive has some serious side effects that are affecting the physical and mental health of students.

For starters, hustle culture drives students to burnout. A state of exhaustion caused by excessive stress, burnout erases any sense of motivation and makes it difficult to work or function in daily life. John Cohen, a psychoanalyst who specializes in burnout, wrote that, "[you] feel burnout when you've exhausted all your internal resources, yet cannot free yourself of the nervous compulsion to go on regardless."

Chronic stress wreaks havoc on our bodies. The immune system suffers, making infections more likely. Hormones released during stressful times can cause blood pressure to spike, increasing the risk of heart attacks. In the brain, stress impairs memory, slows down thinking, and reduces sleep. In 2018, nearly a quarter of Canadians over the age of 15 reported, to varying degrees, that most of their days are stressful.

Hustle culture has also led to a world of toxic productivity. So-called "inspirational" quotes embodying the hustle culture do more harm than they intend. Quotes such as, "if you aren't where you want to be, it's because you don't want it bad enough," seem inspiring at first glance, but they can be paralyzing, filling the reader with a sense of dread.

We as students also play a substantial role in perpetuating toxic productivity. It's discouraging to hear that peers are willingly not eating or sleeping to work on assignments. Our culture praises and almost idolizes the people who have sacrificed their own health for productivity: Bill Gates, Elon Musk, the person who says #ThankGodItsMonday.

We end up internalizing the feeling that we could be sacrificing just as much as, if not even more than, our peers. Hustle culture inspires us to succeed by constantly exposing us to what an unhealthy obsession with success looks like. We slowly become convinced by the people around us that our self-worth is solely dependent on our ability to get sh*t done.

In a world of wealth and social inequality, hustle culture sends a clear message to the disadvantaged: "You're poor because you're not working hard enough." It promotes the idea that one can solve income inequality by simply working more hours, taking less vacation days, and taking fewer breaks.

As we allocate all our time and effort into our work, we leave nothing for self-care. Mental and physical health suffers. Relationships with others deteriorate. Every aspect of our life suffers because of the hustle, including, ironically, our own work. The resulting lack of sleep, chronic stress, and declining social support does your productivity no favours.

It's clear that hustle culture needs to go, but it's easier said than done. In an essay published earlier this year in BuzzFeed News, Anne Helen Petersen reflects on why we continue to strive when we have no motivation to. "Why am I burned out? Because I've internalized the idea that I should be working all the time," she writes. "Why have I internalized that idea? Because everything and everyone in my life has reinforced it—explicitly and implicitly—since I was young."

Changing an entire culture requires small and incremental steps. At the University of Toronto, faculty can play a huge role in pushing back against the hustle. Professors should be mindful of the workload students have. Professors who refuse to allow extensions for assignments are failing to acknowledge that students need time for self-care.

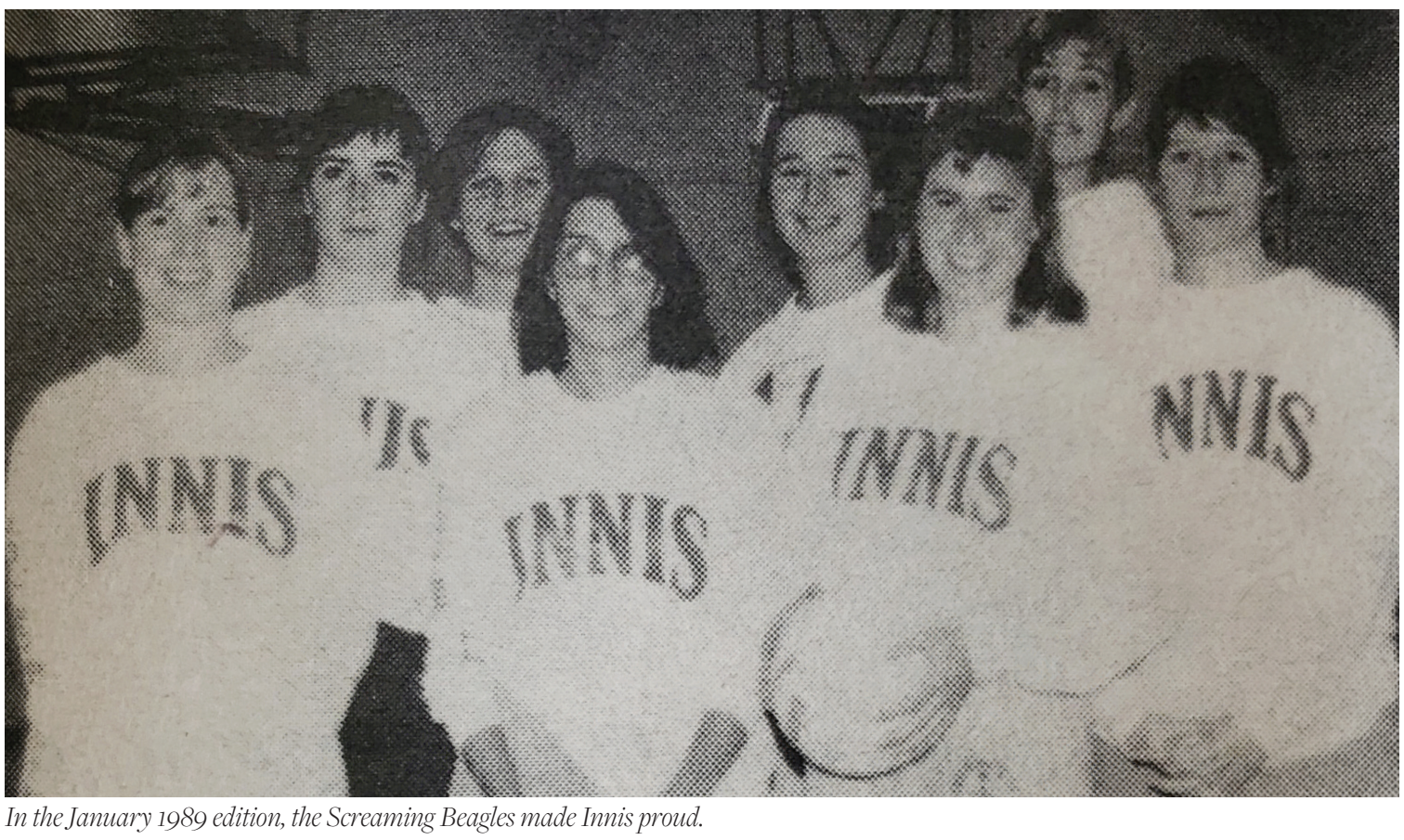
The university puts on a deceptive mask when it promotes out-of-classroom learning or opens up work-study positions, but at the same time cannot afford students the time to be actively engaged in these activities. The university's concerns for student mental health are moot when faculty are free to ignore the struggles students face on a daily basis.

Of the nearly two dozen courses I have taken, I can only name three that explicitly demonstrated a consideration for student wellness—two of which were taught by the same professor.

For everybody else, I encourage you to be mindful of your own role in hustle culture. I'm more than guilty of blindly promoting the hustle in the past and I wouldn't be surprised if many others have been too. If you find yourself stumbling upon a lack-of-sleep-competition, consider acknowledging to your peers that these are unhealthy habits and it needs to change.

In no way am I endorsing a productivity-free society. Being productive and working hard towards something you're passionate about can be incredibly fulfilling for many individuals. But doing work does not need to consume every aspect of your life—you should still have time to focus on your own well-being. Hustle culture is dangerous because it can easily lead to unhealthy habits, not because productivity is bad. It's important to prioritize your mental and physical health while hustling.

INNIS THROWBACK



In the January 1989 edition, the Screaming Beagles made Innis proud.

In an event that stunned the college, Innis College's Division 1 intramural volleyball team, the Screaming Beagles, continued the season on a high with a 23-4 record. According to Martha MacEachern, the impressive surge was due to "[i]mproved defensive strategy, and an extremely positive attitude, combined with the spiking, setting and serving talent."

The team was also very pleased with their "three brand spankin' new balls, and of course, those lovely new uniforms!"

Improving accountability and confronting racism

The effects of the Toronto Police Board's decision to approve race-based data collection

Premier Doug Ford, Chief of Police Mark Saunders, and mayor John Tory at the Toronto Police Service Board meeting this September

Marloes Streppel

POLITICS

On Thursday, September 19th, 2019, the Toronto Police Service Board (TPSB) approved the collection of race-based data. The change will take effect in 2020 and will initially only require the recording of race in interactions that involve the use of force or a display of force, like the pulling of a gun. After this "trial run," the Board will extend the policy to stops, searches, and arrests.

"It's a very historic moment," Renu Mandhane, Chief Commissioner of the Ontario Human Rights Commission (OHRC), stated after the TPSB approved the new policy. She added, "[this] recommendation was made 40 years ago in a report on police violence against the black community, and the community has been waiting 40 years for the board to put forward a policy like this."

Mandhane also stated that the policy would initially be based on a police officer's perception of an individual's race, as this is important in uncovering biases within the police force. Later, TPSB will introduce self-reporting from people involved in police encounters.

In a time of historic policy changes, it is important to consider the potential benefits and drawbacks to the collection of racial data.

Access to such data could be used to identify racial bias within the Toronto Police Service. The new policy followed the recommendations of the 2018 OHRC interim report on race and policing, which found that a black person in Toronto was nearly 20 times more likely than a white person to be shot and killed by police. "Black people made up approximately 30% of police use-of-force cases that resulted in serious injury or death, 60% of deadly encounters with Toronto Police, and 70% of fatal police shootings." Such information is provided by the Special Investigations Unit (SIU), which investigates police interactions that involve serious injury, death, or allegations of sexual assault. The numbers in the 2018 OHRC report were drawn from 187 cases handled by the SIU. While this data is extremely telling, the SIU is limited to extreme cases of violence and does not report on the disproportionate rates at which black individuals and other people of colour are involved with more minor uses or threats of force, which race-based data would collect.

> "...the community has been waiting 40 years for the board to put forward a policy like this."

The TPSB's initial draft of the policy stated that "[the] Board views this Policy as vital to improving transparency and accountability in how police services are delivered—necessary ingredients for community trust and engagement between Members of the Service and the City's communities, as well as positive morale in the delivery of police services." By banning access to race-based data, distrust of police increases in communities, especially from those who are repeatedly over-policed. Canada does not ban the access of race-based data from other countries, so why does it hide its own?

A common argument against the release of race-based data is that it will increase racial discrimination within Canada. However, the restriction of data has done nothing to prevent that very problem. If anything, Canadians tend to overestimate racial involvement in violent crime, as well as the size of minority populations in Canada. A ban on data does not prevent discrimination. Rather, the release of such information could educate the public on discriminatory practices by the Toronto Police Service and help combat ignorance.

Although it is important to acknowledge the benefits to the collection of race-based data, it is equally important to focus on the potentially deleterious effects of this policy. As the first police force in Canada to implement race-based data collection, it is imperative that it is done well. As Paul Bailey, an urban planner and community advocate from Toronto's Rexdale community, told CBC, "Everyone's going to be following their lead."

Scot Wortley, a professor at the University of Toronto's Centre for Criminology and Sociolegal Studies, has researched the impacts of race-based data. When interviewed by CBC, he expressed his concern over whether officers would face formal discipline for misreporting race-related data, and what systems are in place to prevent such behaviour. A lack of accountability could limit the legitimacy of the data and its usefulness in reducing racism. Wortley expressed his concern over the development of race-based data collection in other provinces. He worries "that it seems individual police services have to come up and develop their own policy." Rather than allowing police departments to have complete agency of their individual programs, he argues that it would be more effective to create one standard system of collecting data across all provinces and territories to allow for the comparison of national data.

Notisha Massaquoi, co-chair of the Anti-Racism Advisory Panel that developed the race-based data policy, described it as "a first step." She told CBC, "it is only meant to start addressing systemic racism, systemic bias, and to start the elimination of anti-Black racism."

If implemented properly, Toronto's policy could spark a national change in the collection of race-based data. It will be a short wait until January 2020 to see the effects of a long overdue change in the Toronto Police Service.

It's our vote

Youth engagement in the 2019 federal election

George Kell

POLITICS

COURTESY OF CHRISTINE FITZGERALD

Knowledge, awareness, and civic engagement will allow young people to develop a strong commitment to voting and to building a stronger Canada, writes George Kell.

In the 2015 federal election, voter turnout among both youth and the general population increased for the first time in 20 years. Voter turnout increased from 61% in the 2011 election to 68% in the 2015 election. The youth vote, which includes voters aged 18-29, increased by 15%, from 42% to 57%. According to the Samara Centre for Democracy, the 2015 election was more engaging for youth in Canada because it had a fixed date, allowing people to better familiarize themselves with candidates. This also corresponded with an increase in advanced polling stations and voting stations on campus, making voting more accessible to youth.

As we approach the 2019 federal election, students, especially those voting for the first time, need to ask themselves some important questions: Who can we trust to represent youth on major issues in Canada, such as the environment, affordability, and reconciliation? How has youth engagement worked in the past and how can we remove barriers to voting? And how can we force all the parties to pay attention to issues important to youth and respond accordingly, especially after the election?

Trust

Trust is hard to establish, especially for politicians. How can we make sure that the candidate or party that we are voting for is genuinely committed to issues important to young voters? If we know that they are committed, how can we make sure that pro-youth voices are amplified? Fourth-year U of T student Louis Vatrt believes that the best way for undecided voters to get more informed is to "pay attention to a wide variety of media sources... [and] for those that are undecided, read the literature and policy from each party. You can even take quizzes online to determine who best aligns with your values."

Another tempting, if controversial, option is strategic voting. For example, if you typically support the New Democratic Party (NDP) but your riding is in a tight race between the Liberals and Conservatives, strategic voting suggests you should vote for your second-choice party instead of your first. This would give you a greater chance of getting some representation of your views, even if it is not ideal. The main criticism of strategic voting is that you are not making a genuine vote for your party of choice. This does a couple of things: one, it underrepresents the true level of support a party has in a riding; and two, it shows that you are willing to compromise on your values, a sign of disillusionment with the system as a whole.

To avoid the pitfalls of strategic voting, you should read the policies of every party, decide which party aligns with your values most, and then vote on that basis. For second-year U of T student Hikmat Jamal, this means that candidates need to have "tangible policy and not feel-good sentiment." For Jamal, this includes climate change, which requires "a radical shift that many young people want to see... [t]his issue stands out for young people plainly because it is our future." Although strategic voting is an option, it may be one you need to consider cautiously, since you might end up disillusioned with who you elect. However, once you find a party that aligns with your beliefs, the next step is to figure out how you can vote for them.

Voting

Voting, especially in post-secondary environments, can be logistically challenging. Whether you have changed your home riding or not, or you have other barriers to voting, it can be frustrating. How can you vote for the party you want if you cannot find a polling station? Or maybe you would have to skip class to drive or fly to your hometown and vote. Or maybe the election falls on a religious holiday for you (it does this year). What do you do?

The first thing you can do is check whether you are registered to vote. If you are, you should receive a voter information card in the mail, or you can check Elections Canada's voter information service online to check where your polling station will be. If you are a student away from home, you can vote in your school riding of residence. If you have lived in your riding of residence long enough to be registered, and have proof of name and address, you are good to go.

You then have multiple options to cast your vote. You can vote on-campus (a successful initiative started by Elections Canada in 2015), in your home riding, or through advanced voting. These options are meant to reduce barriers to voting.

The third option is to cast your vote in advance. For Jewish students, this is especially important since October 21, 2019 is the observance of Shemini Atzeret. Vatrt recommends that those students impacted by barriers look for "all possible options to vote early (ex. voting at [an] Elections Canada office, advance polls, campus voting, or vote by mail)." These various advanced voting methods are meant to reduce barriers to voting and increase overall turnout.

Engagement

Once you know who to vote for and how to vote, next you have to determine your level of engagement before, during, and after the election. Meaningful political participation involves far more than voting at the ballots every few years (think about the Global Climate Strike as a recent example). Engaging in politics as a youth voter is tough. For many young people, their first political experience might just follow whatever party their friends or family support. As you learn more about politics and get to know more people who can make a difference, it becomes a lot more fun to get involved in politics.

Vatrt is an example of someone who has not only been involved through voting but through campaigning as well. When asked about why he gets involved in political campaigns, he explained that "when you're given an opportunity to directly participate in the electoral process and how we choose government, it's just too good to pass [up]."

My own experience getting involved in politics has been informative as well. I simply had a Twitter account (now inactive), where I followed and engaged with the right people, and then all of a sudden I ended up volunteering for four different political campaigns within the span of a year. However, voting and political campaigning are only two ways to be engaged. The third way is protesting.

Peaceful protesting is among the most effective ways to make your voice heard—whether something will be done about it is another matter. There is strength in numbers, but what you say, where you say it, and who you say it to is more important. Effective protests have often forced politicians to listen to their messages, either changing or repealing their laws as a result. Examples include India's Salt Law, the United States' Civil Rights Act, and Canada's Idle No More movement, an ongoing protest aimed at Indigenous sovereignty, environmental protection, and social equality. India's case led to independence from Britain, the American case led to desegregation, and the Canadian case has led to greater visibility for Indigenous issues.

Where does that leave us? In the 2015 election, over half of young people voted. The barriers to access that many youth previously faced—short campaigns, no fixed date, and few advanced polls—were reduced in 2015. In 2019, some of these barriers will be reduced further, some will not. This year the campaign will be about 40 days, as opposed to the 2015 campaign of 78 days. There has also been an increase in on-campus advance polls. So what does this mean for youth? With the tools to determine the best candidates to represent them, a knowledge of where and how to vote, and a desire to remain engaged outside of the ballot box, the youth of today and tomorrow will be prepared to build a stronger Canada together.

How to U of T: Financial responsibility

Meghan Gheron
STUDENT LIFE

For most of us, being a university student and being broke go hand-in-hand. Many of us are hurting from Ford's OSAP cuts, so here are some tips on how to manage and save your money as a student. Getting into the rhythm of making smart and responsible financial choices will make your current life much easier and will set you up for success in the future. Now is definitely the best time to start building good habits—both your wallet and your future self will thank you.

Make a budget

Students tend to underestimate the value of a good budget. Budgets are a life-saver when it comes to managing your expenses, so long as you're capable of sticking to them, that is! Pick whichever method works best for you; it can be a pen-and-paper budget or one composed on your computer, tablet, or phone. Lay out your fixed expenses like your tuition and rent, and calculate your one-time expenses at the start of your semester, like textbooks. Think about what you expect to spend on food, transport, and bills monthly or weekly. Whatever's leftover can then be designated for saving or for spending on non-necessities.

Set limits to your finances

Use your credit card only when absolutely necessary, and try to stick to debit purchases where you can. It is far too easy to get carried away with your credit card, and you shouldn't overdo it. Building good credit for yourself should also be a goal to work towards; bad credit history is extremely debilitating, and a terrible foot to start your adult life on.

COURTESY OF ISOBEL HEINTZ

While being a student is challenging and expensive, Meghan Gheron outlines a number of ways that U of T students can work towards financial responsibility.

There is a multitude of other strategies you can use to limit yourself when it comes to spending. If you're like me and you have a few different bank accounts (thankfully student bank accounts tend to be free!), try keeping one bank account for necessities (rent, food, transport, tuition) and the other for extra spending (fast food, going out, etc). Keeping a distinction between your "needs" and "wants" is always a good idea when you're living the perilous life of a broke college student. Why not remove the temptation of dipping into next month's rent money unnecessarily?

Pack your lunch!

I know—high school flashbacks. However, you would be surprised by just how much of your money is going towards fast food while you're out and about. I know I spent a frankly absurd amount of money on McDonald's in my first year. Getting into the habit of packing yourself a lunch and snacks keeps a significant amount of money in your pocket during the week, and not to mention you'll probably be eating healthier. Take the time to plan your lunches and meals in advance, and prepare them the night before.

Find a job that works for you

It can be hard to balance your studies, work, and extracurriculars, but it tends to be worth it for the experience and the extra funds. Make sure to check out UofT's work-study jobs, which are designed to accommodate your schoolwork and can often even complement your program and interests. There are also a variety of on-campus jobs available, from positions at the bookstore to working as a tour guide showing prospective students and parents around campus. Check out Career Learning Network (CLNx) for a list of these jobs, as well as off-campus and casual jobs and work-related advice (interview and resume workshopping, etc).

Use your student ID for deals and discounts

There are a ton of places around the city where a student ID will get you a discount, ranging from groceries to transportation to entertainment. Use your discounted TTC pass to save on your commute, or swing by the Royal Ontario Museum (free for students on Tuesdays) and the Art Gallery of Ontario (which offers a free annual membership to students). Get an SPC card and an ISIC card to help you with just about everything. The Metro on Spadina and Bloor near campus offers a 10% discount on your groceries from Tuesdays to Thursdays. Toronto is expensive, but you can bring costs down just by virtue of being a student. Take every discount you can get, no matter how small it might seem. It adds up!

Financial services, grants, and scholarships

Aside from programs like OSAP and UTAPS (remember to apply for UTAPS if you aren't from Ontario!), the university has many scholarships, grants, and bursaries that can help you out. Unexpected financial difficulties? Did you know that you can apply for an emergency grant through your college and faculty? Make sure to look outside UofT for scholarships and grants as well. It can be long and tedious work to apply for a bunch of scholarships, but you won't regret it if it leads to extra money in your bank account. A significant amount of grant and scholarship money goes unclaimed every year—it could be yours! Scholarships Canada is an excellent place to start, and why not take a chance on Canada's Luckiest Student contest?

COURTESY OF DANIEL LI

Look into what UofT offers you, and where to go on campus to save money

Why spend the extra money on Netflix when you can watch movies and television on Criterion-on-Demand with your UofT login? Why not keep an eye on the UTSU, which frequently provides accessibility programs, like the Microtransaction Access Program, which can help you out with those dreaded TopHat costs? And not only does the Innis College Library exist, but it has some of the cheapest printing costs on campus, coming to only 5 cents a page. If you don't have insurance from your family members, taking advantage of the student care plan provided to you is a must. You're paying to be a student here, so make sure you use everything that is given back to you where you can.

When it comes down to it, so much of financial responsibility has to do with careful planning and the exercise of self-control. While you should certainly treat yourself every once in a while, restraint and self-awareness are key. Whichever strategies you pick to monitor your spending and saving, if they work well for you, make sure to stick to them—commitment is half the battle. Eventually, you'll solidify into a pattern, and you won't even have to think about it consciously; you'll just be adept at arranging your money and living within your means.

Finances are a tricky but important topic for us as University of Toronto students in 2019. Not only are we currently subject to a distinctly unfriendly Ford government, but we're living in a very expensive city (and us Innis students living in residence have no food plans to fall back on!). For many of us, university is our first time having to handle our finances independently, and with liberation comes the need for sacrifice and the potential for consequences. It's important to take steps towards getting it right.

Four unusual study spots at U of T

Emma Paulus

STUDENT LIFE

October means one thing for students—midterm season. Whether you're busy studying for two midterms on the same day or have four essays due in one week, there's no denying how busy we will all be in the two weeks leading up to reading week.

One way to make this midterm season more enjoyable (if you can even call it that) is by changing up your study spots! Switching your environment can help improve your focus, especially on the days you plan to hole up in the library for more than six hours. It's also a great way to break up your study sessions and move your body a bit—reenergize and keep yourself motivated to study for that fourth midterm!

Below are some lesser-known study spaces you can check out to break up your routine. These recommended spots are located in different areas of the campus, so you can check one out before or after a nearby class.

Good luck on your midterms! And please remember that above all, your healthy and wellbeing are the most important things to take care of no matter what time of year it is.

COURTESY OF JADINE NGAN

Innis College Rooftop

The rooftop lounge area of Innis College is one of the lesser known study spots in the college. It took me almost my entire first year to visit it and I wish I had gone sooner. Not many students go there, making it a nice, peaceful place to study. It has a lot of seats and tables, making it convenient for longer study sessions. It's also surrounded by walls on three sides, which keeps it from getting too noisy. This, plus the added benefit of it being on the west side of the building, closer to the Innis Green than to St. George street, makes this spot perfect for people who need quiet to be able to focus. It's a great alternative to studying in a library, as having fresh air while you study can help you focus better. This midterm season is the perfect time to use this space, while the weather is still nice enough to enjoyably study outside.

COURTESY OF JADINE NGAN

Emmanuel College Student Lounge

This student lounge is located on the 3rd floor of Emmanuel College (75 Queen's Park Crescent E.), just outside the library. This spot is nice because you are able to use your phone and eat, which is not allowed in most libraries. The student lounge in Emmanuel College has large, comfortable chairs, as well as a long table with plenty of seating. In my experience, this lounge is never crowded, which makes it a very peaceful place to study. Its design makes it feel very cosy, and it is easy to spend hours there getting work done without feeling like you are stuck in a library all day. The room also has easy-to-access outlets, which is great for those who require their laptops to study. Since it is right beside the Emmanuel College library, it also gives you easy access to a printer.

COURTESY OF JADINE NGAN

Queen's Park

Now that Queen's Park is open again, it is a great place to get some studying done. With many benches throughout the park, this is a great change of scenery from studying in a library. This midterm season is one of the few chances during the academic year to be able to sit outside comfortably and study before it gets too cold. Queen's Park is at the center of campus, making it a short walk from anywhere you need to go throughout the day. It is a great place to take a break from being inside and enjoy one of the more scenic spots on campus. Even if you don't spend the whole day here, it's important to give yourself a chance to be somewhere other than a stuffy library and Queen's Park is definitely a great place to do so. Take advantage of the fresh air and spend some time studying outside at Queen's Park.

COURTESY OF JADINE NGAN

The Bamboo Garden

Inside the Terrence Donnelly Centre (160 College Street) is a bamboo garden with plenty of space for studying. This spot is fairly hidden on campus, and many students don't know that it is there. There are many benches in and around the bamboo trees, giving plenty of room to study. This garden is a beautiful place to visit for its own sake, but it also makes for a great study spot. I mean, who wouldn't want to study in a garden that looks like this? This place is also a great alternative to studying outdoors, as you can go there regardless of what the weather is like while still feeling like you are outside. As opposed to libraries or other indoor study spots, the Bamboo Garden doesn't make you feel like you are stuck inside, and the scenery makes this place somewhere where you would want to spend your time. If you have to study, why not do it somewhere as pretty as this?

What's scarier than Halloween? Hanger

Al-Amin Ahamed

RECIPES

Okay boos I get it, we just started the new school term but we're already feeling stressed with midterms. To make matters worse all this stress is wasting our glucose supply and making us HANGRY!!! All tea all shade, THAT IS NORMAL! School ain't easy and will probably never be. For many it is a completely new experience and for others it's just a handful. REGARDLESS, I got a solution...DELICIOUS FOOD! Let's be real, food never fails to uplift our souls from the deep dark depths of anxiety. So, I'm coming in clutch once again with a hip and stylish new goodie to keep the hanger at bay!

With Halloween just around the corner I think it's more than appropriate to share a spooky yet delicious recipe with y'all! FINGER COOKIES! Release your inner Hannibal Lecter fantasy with these delicious shortbread finger cookies all dressed in raspberry jam blood and sliced almond fingernails. Be prepared to scare the pants off your horrible exes with your amazing baking prowess because this recipe is so simple that even the hottest of messes can't screw it up.

INGREDIENTS

- 2 cups all-purpose flour
- ½ tsp baking powder
- ¼ tsp salt
- ½ cup of softened unsalted butter
- 1 cup granulated sugar
- 1 egg
- 2 tsp maple syrup
- Sliced almonds

DIRECTIONS

1. In a mixing bowl combine the flour, baking powder, and salt.
2. In a larger mixing bowl whisk both the softened butter and sugar until light and pale in colour.
3. Add the egg and maple syrup into the beaten butter and sugar mixture, whisk until well combined.
4. Add the flour into the wet ingredients in three batches, mixing in between each batch.
5. Using 2 tbsp of dough, roll the dough into a finger like shapes. Yields around 25 cookies.
6. Press a sliced almond into the dough to create a fingernail. Using a knife, cut wrinkle lines around the knuckles and joints of the fingers.
7. Bake in a preheated 325-degree oven for 15 minutes or until the bottom of each cookie is golden brown.

You can get creative with your best ghoul-friends and transform the dough into different body parts such as ears, noses and eyeballs. Also, with the addition of gel food colouring you can transform the dough into witchy green fingers as well. With a versatile recipe like this you are sure to have a fang-tastic Halloween night!

One thing to keep in mind is that these cookies do spread a little bit in the oven, so when forming your fingers ensure that they are thinner than usual finger before placing them into the oven. Also, if you wanted to add food colouring, it is important to add the gel into the wet ingredients to ensure it is well incorporated.

For decorations, melt some raspberry jam in the microwave and dip each cooled finger cookie in the jam. Using a brush apply some jam around the finger nail area to make the finger look like it's bleeding.

And with that it is time to SERVE!! Enjoy these little delicacies alongside some spiced hot chocolate on a cold October night because we don't got a bae to keep us warm at night. ANYWAYS, Happy Halloween hunties!

Scare away midterm-season hanger with these spooky Halloween treats from recipe columnist Al-Amin Ahamed.

Kinda-sorta-homemade tortellini soup

The perfect fall weeknight dinner

Daria Mancino

RECIPES

Every year when October rolls around, I beg my dad to make me his famous tortellini soup. It's a simple recipe, but my dad's homemade post-Thanksgiving turkey stock is what really makes it special. Dotted with vegetables and punctuated with gently floating tortellini, it's my favourite fall dinner—warm, comforting, and delicious.

I've often tried to recreate my dad's recipe and while it never quite lives up to his rendition, it's still pretty tasty. It's a perfect recipe to cook for a group of friends, your family, or your roommate who's caught a midterm-season cold. Being a relatively simple dish, it's also a great recipe for beginner cooks looking to improve their skills in the kitchen and expand their recipe repertoire.

Ultimately, this is the perfect recipe for when you want a home-cooked meal but don't want to put in too much effort. My version includes a couple of shortcuts (store-bought chicken broth is the real time-saver), but (I hope) still delivers a tasty and cozy soup that's perfect for chilly October nights.

INGREDIENTS

- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 tsp. dried basil
- One small white onion, diced
- One carrot, diced
- One carton of low-sodium chicken broth
- One package of meat tortellini
- 1 cup of frozen peas
- Salt and pepper to taste
- Fresh parsley, to garnish

DIRECTIONS

1. Heat the olive oil in the bottom of a pot on medium heat
2. Cook the onions with the oregano and basil until soft and translucent, about 3-5 minutes
3. Add the carrot and cook for 1-2 minutes
4. Add the chicken broth and bring to a boil
5. Once boiling, add the tortellini and cook according to package instructions
6. In the last 1-2 minutes of cooking, add in the frozen peas
7. Once the tortellini and peas are cooked, add salt and pepper to taste
8. Serve into bowls and top with freshly chopped parsley (serves 4)

VARIATIONS

- You can substitute vegetable broth and cheese/vegetable tortellini to make this recipe vegetarian or vegan
- You can add your favourite vegetables to change up the soup (I think mushrooms are another great addition)
- If you want to *really* go crazy, you can use ravioli instead of tortellini

This soup is best enjoyed immediately, but also keeps well in the freezer. While it may be tempting to make a big batch to enjoy all week, this soup does not keep well in the fridge as the tortellini tend to become a bit mushy.

Is this the real life?
Or is this just Frosh Week?

For Rochelle Raveendran, Orientation was a "week-long fever dream." Here, she shares some of the most memorable (and most bizarre) moments.

Rochelle Raveendran

INNIS LIFE

Orientation can feel like a week-long fever dream that drains your social battery until you are all but an empty husk mindlessly humming cheers to yourself as you swarm down Saint George Street with thousands of strangers. Add to this the intense heat and general feelings of malaise and you'll soon find yourself asking questions like: do the UTM t-shirts have a communist flag on them or are they just red and yellow? Have I eaten a single solid food today? Maybe I shouldn't have shot-gunned a Diet Coke at 8:00 am.

Take away the aspartame-induced hallucinations, though, and you'll still have a solid list of random sights and experiences that probably weren't included on the schedule your college gave you. Without further ado, here are my five most memorable moments during Orientation Week.

1. Walking through a hollering, hooting hord of hard-hat wearing engineers

My vague knowledge of the requirements to get into U of T engineering had led me to form the casual lazy stereotype that engineering freshmen would be a timid bunch, too anxious to hold eye contact for more than two seconds. Instead, they were almost worryingly loud and outgoing. With their yellow hard-hats on, they looked like a swarm of bees that had done a ton of cocaine. Perhaps their astonishing energy can be explained by looking at the popular genre of film in which the protagonist resolves to live life to the fullest after being diagnosed with a terminal illness.

2. Struggling to get by the mass of boys surrounding a Durex sponsorship booth.

Having protection is important, but something about the cluster of freshman boys that so disproportionately surrounded the Durex booth compared to every other stall at the orientation block party was particularly striking to me. Was it their brazen overconfidence? The complete lack of inhibition they displayed whilst talking to the middle-aged adults running the booth?

I cannot be sure, but all I know is that it was more inspiring to me than any of the two-hundred wine mom inspirational quotes I have saved on my Pinterest board. I reflected on their endearing naivety the next day when my orientation leader told my group he had won a fanny pack with three condoms in it—three too many, he said.

3. Watching the bulldog, beaver, and gryphon mascots during the pre-parade go, in a matter of seconds, from vigorous gyrating, fist pumping, and chest thumping, to standing solemnly with their heads bowed for the land acknowledgment.

The energy the mascots displayed throughout Orientation Week was very admirable and land acknowledgements are very necessary. That being said, this transition was one of the most jarring, bizarre things I have witnessed in my life.

4. Weaving around a smattering of elderly men in tweed suits that were handing out communist literature during the club fair.

I knew the club fair would be an overwhelming sensory experience. The beatboxing committee had a member perform for its entire duration, which, while lending an interesting Pitch Perfect vibe to the event, was quite intense. What I hadn't anticipated, however, was having to dodge several strangely well-dressed men dotted around Hart House Circle, who were waving communist pamphlets in the air like paper boys in Victorian England. Between the elderly communists and the born-again Christians, navigating the club fair was like solving the most ideologically tinged obstacle course of all time. It was undoubtedly the most effective bonding activity of the week.

5. Realizing that no one—including the UTSU president—particularly likes Trinity College.

When I tell people I'm from Innis College, I typically see the squinted eyes and slow head nod of someone who has no idea what I am talking about. I'll take this any day over the shared hostility U of T has towards Trinity College. During the orientation pre-parade, the UTSU president received a roar of applause when he announced it was unfortunate Trinity would be joining the tri-campus parade. People even booed them during the cheer-off—myself included! I didn't and still don't have any idea why Trinity is the target of such animosity, but if shamelessly shouting "Innis loves you" at strangers in downtown Toronto during the parade has taught me anything, it is that herd mentality is very powerful and I am easily swayed.

Orientation Week is at once vibrant and overwhelming, energetic and intimidating, educational and confusing, fun and absolutely ridiculous. It absorbed my time and energy. It distracted me from realizing I could smell weed literally everywhere I went. Above all, it made me believe that the most important thing in the world was choosing the perfect assortment of colours for a bag painting session. That is something I will never forgive.

Underrated Canadian comedies you should be watching

Shankhalika Srikanth
REVIEWS

As we reluctantly accept that summer is over and midterm season is upon us, we could all do with some light-hearted TV to escape from all the studying. Maybe you've already finished bingeing The Office for the third time though and you're still waiting on the premiere date for the new season of Brooklyn 99. Never fear, for there's a whole world of quality Canadian comedies to carry you through these trying times.

Schitt's Creek

This Emmy-nominated show has a simple but effective premise: the uber-rich Rose family headed by video store magnate Johnny Rose (Eugene Levy) and Moira Rose (Catherine O'Hara) lose all their money and are forced to move with their grown kids David (Dan Levy) and Alexis (Annie Murphy) to the small town of Schitt's Creek that they once bought as a joke. Naturally, the adjustment to small-town life after travelling among multi-millionaire socialite circles is not an easy transition. Accordingly, much of the humour in the initial episodes stems from the extravagance that is the Rose family wardrobe as well as the absurd inability to relate to their conversations (Moira's unplaceable yet posh accent and unorthodox pronunciations are scene-stealers, as are Alexis's name-drops à la Tahani Al-Jamil from The Good Place.)

Schitt's Creek quickly moves on from common tropes of the rags-to-riches (or in this case, riches-to-rags) genre, however. It draws you in with its intensely relatable, cynical millennial sense of humour while also showcasing an environment of unconditional love and acceptance. Set in a town whose motto is "Where everyone fits in," the magic of *Schitt's Creek* lies in its series-long character arcs and heart-warming emotional moments, all of which occur without ever losing its biting humour.

Standout feature: The show is perhaps best known for its positive portrayal of queer characters and relationships. Co-creator and showrunner Dan Levy has frequently stated that he made the decision early on that the town of Schitt's Creek would be a sort of utopia where homophobia was simply not given a chance to exist and this decision has given the show a freedom to explore queer relationships alongside straight relationships in an unrestrained and fulfilling way.

COURTESY OF CBC

Schitt's Creek *is one of four Canadian comedies the Shankhalika Srikanth ensures will give your a laugh.*

Baroness von Sketch Show and *TallBoyz*

Sketch-comedy shows featuring an all-female and all-male cast respectively, Baroness von Sketch Show (Meredith MacNeill, Jennifer Whalen, Aurora Browne, Carolyn Taylor) and TallBoyz (Guled Abdi, Tim Blair, Vance Banzo, Franco Nguyen) are pushing the boundaries on Canadian comedy and comedy in general.

Baroness von Sketch Show skits tend to revolve around observational humour about the workplace, relationships, and social trends, but it also has its fair share of absurdist humour. Its strength lies in its brutally honest and refreshing takes on gender and sexuality.

TallBoyz draws from the diverse ethnic backgrounds of its cast members for its subversive skits surrounding race and discrimination (an Indigenous-themed reality show and a PSA about race that proves to have different motivations are particular highlights). It also packs a lot of heart into some of its sillier sketches that upend toxic masculinity.

The jokes in both shows range across the spectrum from absurd to satirical to poignant—there's something here for everyone.

Standout feature: You know that thrill you get when you watch a movie and realize that that building in the background kind of looks like Convocation Hall? Now you can experience that fun feeling of recognition all the time—both Baroness von Sketch Show and TallBoyz are firmly rooted in Toronto, and familiar localities appear in every episode. Our subway system is particularly easy to spot in multiple sketches (and central to the plot of some).

Kim's Convenience

Revolving around the Korean-Canadian Kim family running a convenience store in downtown Toronto, the multi-award-winning *Kim's Convenience* is a guaranteed crowd-pleaser. Paul Sun-Hyung Lee and Jean Yoon (an Innis alumna!) reprise their roles as Appa and Umma (Dad and Mom) from the original play that the show is based on. They play parents to their estranged son Jung (Simu Liu) and daughter Janet (Andrea Bang). The show interweaves family dynamics with plotlines centred around work and school. Though it follows a familiar family sitcom structure, the humour itself is fresh and relevant.

Whether you can finally relate to the second generation immigrant experience being shown on screen or simply to the ups and downs of studying and working in downtown Toronto, *Kim's Convenience* is sure to bring some laughs during those gloomy fall evenings.

Standout feature: From the customers who visit the store to Jung's colleagues at Handy Car Rental to Janet's classmates at OCAD, I can say that I have never seen a show that reflects the multicultural diversity of Toronto as honestly as this one does.

If you're looking for a new show to binge-watch instead of studying for your midterms, you don't need to look any further than our own backyard. Canadian media is often overlooked for its flashier, American counterparts, but Canadian artists and comedians are truly showcasing their talent in these hit CBC originals.

COURTESY OF CBC

TallBoyz *is a great option for Canadian sketch comedy,*

COURTESY OF CBC

You can visit the actual convenience store that inspired Kim's Convenience *at Queen St. E. and Sherbourne St.*

One of the classics: Elena Ferrante

ELENA FERRANTE · The Story of the Lost Child
ELENA FERRANTE · Those Who Leave and Those Who Stay
ELENA FERRANTE · The Story of a New Name
ELENA FERRANTE · My Brilliant Friend
COURTESY OF OLIVIA FRASER

Though reading is falling out of fashion for some, Olivia Fraser makes a case for rediscovering your love of literature with Elena Ferrante's Neapolitan *series.*

Olivia Fraser
REVIEWS

If you are as much of a bookworm as I am, I congratulate you, as it feels as though there are not many of us left. For a while, I thought my love and passion for literature was fleeting with the increasing popularity of digital media, even though I am studying literature. This worry was quickly cured when I discovered Elena Ferrante and her powerful story, her powerful words.

I have never thought of myself as a lover of stories, but rather a lover of words. Elena Ferrante convinced me that story is not dead, that beautiful prose that does not lull you to sleep still exists. Her words were originally written in Italian but feel like the furthest thing from a translation. They are generous, they fill the soul with an incredible amount of emotion, of nostalgia, romance, heartbreak. Her words and story break your skin in the best way; they make you think and reflect on your life, your history.

Ferrante's *Neapolitan* Series consists of four books: *My Brilliant Friend, Those Who Leave and Those Who Stay, The Story of a New Name*, and *The Story of the Lost Child*. But trust me when I say this, they feel like one; the series flows like film. Each book pours flawlessly from one to another. Her description is plenty yet crisp and not overwhelming. Ferrante has a way of expressing her thoughts in such a realistic manner that they start to feel like your own. She gifts the reader her eyes.

The four parts of the series construct a beautiful narrative of two girls: Elena Greco and Lila Cerullo. The two contrasting characters, both in personality and appearance, are close friends from the very beginning of their school days. They compete for grades, study together, urge each other to do better, to go further. As they age, their lives split into two different worlds, yet they are never truly separated.

What I love about this series is the way Ferrante narrates her life events. We are given an extensive view of her thoughts, so obviously you would assume it is all about her. In most ways, it is strongly focused on Elena herself, but the real focus is on Lila. Lila is described as being a prodigy; she always studied outside of the school's curriculum, constantly advanced her knowledge, and silently strived for more. Despite this, she chose not to continue with her schooling. She did not move out of their dingy neighbourhood in Naples and instead decided to marry and have children at a young age, sacrificing her prodigiousness for a significant portion of her life. Elena took the alternate route, a route that included advanced schooling, moving away from Naples, marrying later in life, becoming an appreciated author. Yet despite her many successes, Elena always looked at her life in comparison to Lila's; she never felt as smart or capable as Lila. Ferrante's stream of consciousness guides the narrative (in a less confusing way than Virginia Woolf's) with thoughts that are catered towards questions like: what would Lila do? What would Lila think? What is Lila doing?

Ferrante adds a new layer to the realism genre. Her words portray life from friendship to firsts, and they invite you to relate to her friendships and her firsts. Ferrante does not give you a choice; her childhood recollection pricks the feelings and memories of childhood that still exist in the bottom of your belly. She portrays her emotion with such vividness that suddenly her anger is your anger, her passion is your passion, and her trauma is your trauma; your heart breaks alongside hers.

The only warning that I offer if you do decide to read her, is that her words will make you want to travel both physically and emotionally. They will invite you to break out of habit, to leave a state of being that you are not satisfied with, but, most of all, they will invite and beg and plead for you to go to Italy (at least that is what they did for me). I have never been to Europe, but Ferrante's writing painted me a catered picture of Italy that is even more romanticized than it already is. As my eyes explored her syntax, my mind explored the streets of Naples, of Milan, of Ischia; my feet would eagerly squirm.

So, friends, do not give up on literature yet. If there is any doubt stored in your heart about the power that words and stories can hold, do not go read Homer or Virgil, for the greatest literature is one that strikes a relatability. Ferrante's words invoke a sense of friendship, of living, of renewal. Her books are about her, but mostly, they are about you.

Tender and troubled: *Honey Boy*

Michelle Zhang
REVIEWS

Rating: 8.5/10

Review contains some spoilers.

Written by Shia LaBeouf and directed by Alma Har'el, Honey Boy is a tenderly woven tale about an actor's struggle to come to terms with his troubled childhood and turbulent relationship with his father. A semi-biopic for LaBeouf, the film is deeply empathetic and poetic in its exploration of trauma.

Going into the film, I honestly didn't have any expectations. By that, I mean my friend hit me up with a TIFF festival ticket so fast I barely had a minute to read the synopsis on the TIFF website. All I knew was that I should brace myself for another episode in the interesting career of Shia LaBeouf. And brace myself I did—in a good way.

The film centres around Otis, a former child actor with a history of driving under the influence. His adult self is played by Lucas Hedges, while Noah Jupe portrays Otis in his younger years. Shia LaBeouf plays his war-veteran father with his own spotty record and ferocious inner demons. Jupe's young Otis feels so real that I couldn't help but feel every one of his sorrows as if they were my own. Hedges' adult Otis is vulnerable and frenetic, and acts as a nice foil to young Otis' maturity. LaBeouf plays the father and does a remarkable job of it: his character becomes the definition of that villain you just can't hate because he has a heart and a reason to be terrible. All three actors put on spectacularly detailed performances that transform their characters into the gravity points for the film.

I don't mean to downplay the plot when I say that the characters are the highlight of the film. What struck me most about the film was the surreal completeness possessed by each of the sets. Every moment seemed entirely encapsulated in itself, in its own feeling. Har'el spins parallels using motifs, moments, and movements through time and between scenes that allow the audience to hone in on the ways pain is carried and expressed in Otis' daily life, both past and present. She is able to warp time in a delicate balance between flashbacks, dreams, and present realities without ever confusing or overwhelming, though it is a little repetitive on occasion.

The film begins in the present day, with adult Otis shooting for an action film of some sort. He stares into the camera waiting for the scene to start. Glamour, a rocking soundtrack, booze, and sex soon follow in these early scenes.

COURTESY OF SUNDANCE INSTITUTE

But then that's about all we get of that. The hedonistic actor gets himself into a car accident (of course) and fortune turns on him. He's ordered by court to go to rehab, something we learn is not a first for him. There, his parole officer/therapist diagnosis him with PTSD and that's where the story truly begins. The rest of the film skillfully links past and present, dreams and reality, pain and pleasure into a seamless narrative about emotional trauma, or, more specifically, about waiting for something that never really arrives.

In the end, Otis never really gets what his childhood self waited and begged for throughout the duration of the film: a kind and loving father who would support him unconditionally. What he gets, instead, is verbal and physical abuse with a smattering of fatherly tenderness here and there. It's actually very difficult to sit through and watch this boy suffer: have his trust broken, his joy let down, wait with him for a father who never arrives. Through several incredibly uncomfortable scenes, however, it still feels more like catharsis than anything else.

Honey Boy is not a movie you want to go to with any eye makeup on, if you know what I mean. Grab a friend to hold on to, bring a comfortable sweater, and prepare to feel unsettled. Right and wrong, villain and hero, victories and losses, everything is grey in this film—and it works in its favour.

UC to be covered with large tarp on Election Day

Move meant to prevent confusion with Hart House

Daniel Li

SATIRE

Elections Canada has announced plans to cover University College with a large tarp ahead of Election Day on October 21st, citing past issues with voters mistakenly entering University College to vote. Voters should be voting at Hart House, an official polling station of the University-Rosedale riding. Officials were initially tipped off about this 8 years ago, during the 2011 federal election. Voters claimed to have received calls falsely notifying them that their polling station had changed from Hart House to University College.

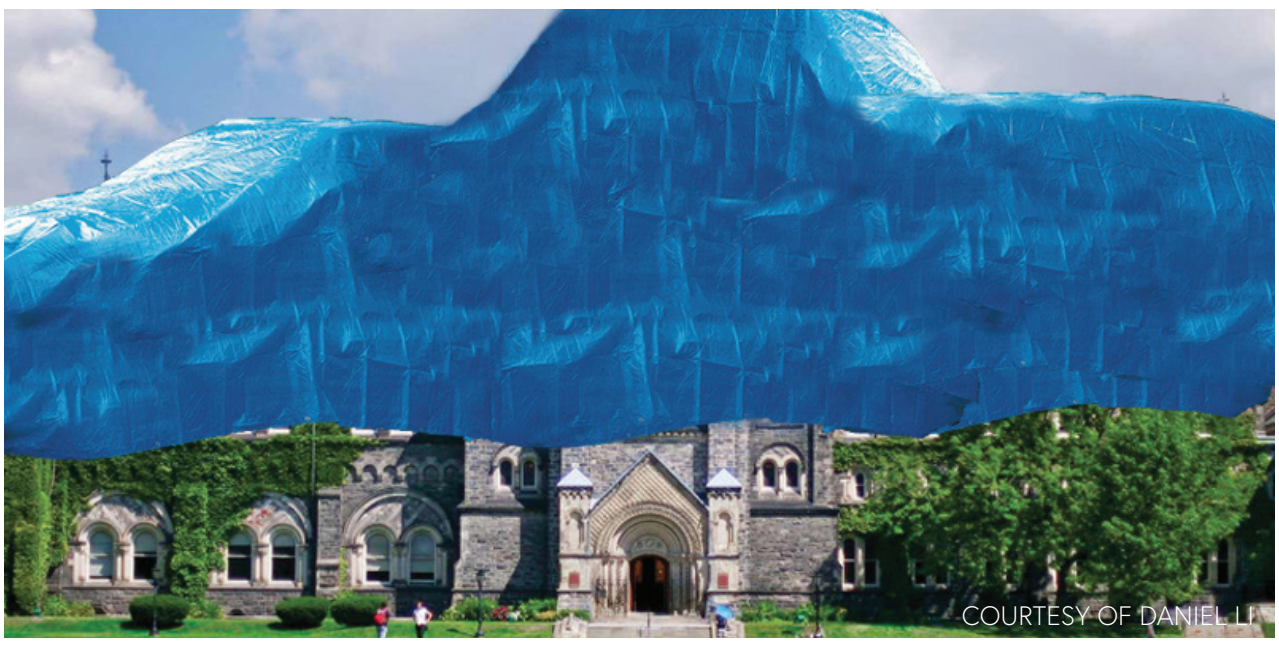
In the 2015 federal election, officials noted a substantial number of voters mistakenly entering University College to vote. "We don't understand why this keeps happening. We post signs pointing to Hart House every year. Surely people can read then, right?" said Jessica Lee, a representative from Elections Canada.

In addition to concealing University College, Elections Canada had considered building a temporary brick wall around the building. "It was the most economically viable option at the time, but after running a computer simulation, we decided it wasn't the best choice." said Lee. Sources close to Elections Canada state that computer-simulated voters simply climbed over the wall to reach University College.

After this election, Elections Canada will also be offering an introductory course titled, "Building Identification 101: University College or Hart House" for students and voters. Other proposals included building a glass dome around University College, constructing a maze that always leads to Hart House, and replacing University College with a less welcoming building, such as Robarts Library.

"It's not our fault the two buildings look so similar! I'm glad they're finally doing something about it though. I got lost every year I walked into University College," said Gaile Henderson, a long-time voter living in the University-Rosedale riding. Students are also relieved to hear the news. "There are already so many lost voters roaming the halls from 16 years ago, I'm glad we won't be seeing more!" exclaimed Timone Smith, a 3rd year student from University College.

To test the claim that Hart House and University College look similar, The Innis Herald presented ten individuals with two pictures and asked them to identify which one was Hart House. All participants chose the same picture. Both pictures were of University College.



The only way to prevent confused voters from entering UC instead of Hart House on election day is to cover it with a tarp, writes Daniel Li.

The white shoe obsession?

Why is this still a thing?

Vartika Suneja

OPINION

A black graphic tee, ripped blue jeans, and Stan Smiths. A floral pink dress, sunglasses, and AirForce 1s. An oversized hoodie, sweatpants, and Fila Disruptors. What's on your feet today?

It seems that White Shoes™ have taken over the fashion industry, but no one seems to understand why. Since around 2016 (yes, three years ago!) #influencers and models began pairing white shoes with just about any outfit and so we started doing it too. Like all trends, from halter necklines to leather jackets, white shoes should have served their time by now. But even in 2019, white footwear is trending more than ever.

Admittedly, white does complement every other colour. But as great as that is, that's where the appeal ends. Theoretically, we should buy one pair of white shoes and label that pair our go-to; it goes with every outfit. But why we own multiple shoes of the same colour, I'll never know. Other than its ability to match other shades, what's so great about white shoes?

Let's take a look at the facts, shall we?

#1: They're the quickest to get dirty.

Why do we voluntarily wear shoes that we need to wash every other day? Sure, all shoes need to be thrown in the machine every once in a while, but white shoes—a whole different story. Coffee stains, mud, rain... You name it and it ruins anything white in seconds. This is completely disproportionate to the amount of time it takes to actually clean them. Numerous hours of washing and drying in machines, followed by several Lysol wipes, and for what? In the end, new white shoes don't look so new anymore.

#2: They're way, way too expensive.

Pricing differences in shoe models and brands makes sense, but as it turns out, colours affect prices too! White shoes are pricey, particularly for university students (as if we're not already drowning in student loans, debt, and mid-terms that never seem to end). Guess who the main users of white shoes are? You got it: university students! Evidently, the craze is so fascinating that we are undoubtedly splurging $200 on a pair of sneakers and complaining if our textbooks cost us $150 at the bookstore...

#3: They're basic.

Statistically, according to a totally scientific, highly reliable research study by a University of Toronto student (AKA me), 1 in 4 people wear white shoes, or at least that was my observation on the TTC last Friday, and the day before that, and the day before that. While white shoes remain a social symbol of current fashion, wearing them does make us 'basic'. If everyone essentially owns the same pairs of shoes as you do, your 'fit is no longer a fashion statement, but rather a forced effort to fit in. Don't take my use of "you" as a personal attack (I'm literally wearing white shoes as I'm writing this)—we're all victims here. Victims of the herd mentality. We can all paint the town red, but here we are, giving in to societal pressure.

White shoes aren't worth the cost, effort, or hype, writes Vartika Suneja.

There is no reason to spend this much time and effort on white shoes, and there are a million (yes, I've only discussed three) reasons not to. Just because Kylie Jenner can afford to buy a new pair every day without having to worry about cleaning them, doesn't mean we can too! The glamour of white shoes sounds all fun and games, but for the people who wear them, deep down, we know the pain—financial and emotional—that comes with wearing these shoes. Ultimately, I guess it outweighs the social backlash of not wearing them.

In 2016, we loved the idea of white shoes; they are conceptually great but practically flawed. In 2019, the question remains: why is this still a thing? Is it because it goes with everything or because it goes with everyone?

STRANGE AND UNUSUAL

Sarah Laudenbach

PLAYLIST

It's never too early to get into the Halloween spirit! But if you're already sick of hearing "Ghostbusters," "Thriller," and "The Monster Mash" on repeat non-stop, I've put together something a little different for you! This is a playlist filled with eerie sounds, haunting lyrics, and spooky vibes—nothing too holiday specific! Happy Halloween from all of us at *The Innis Herald* and good luck surviving the scariest season of them all: midterms.

Scan the QR code to listen on Spotify!

#1
"Dance Macabre"
Ghost

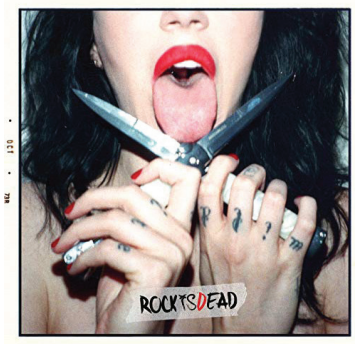
It would be a Cardinal sin (get it, Ghost fans?) for me to put together a Halloween playlist that didn't include at least one Ghost song. "Dance Macabre" is a perfect example of Ghost's beautifully melodic, heavy metal style.

#2
"Daughters of Darkness"
Halestorm

This is just a sample of the hard rock, female-led force that is Halestorm. From their album *The Strange Case Of...* , "Daughters of Darkness" is an ode to badass women, who are perfectly happy to be the villains of their own stories.

#3
"Absinthe"
I Don't Know How But They Found Me

iDKHOW is often seen in these playlists and I had to include "Absinthe" into this one. From death threats to burning witches, "Absinthe" encapsulates the 'creepy but not Halloween Creepy™' sound this playlist is trying to achieve.



#4
"Raise Hell"
Dorothy

Dorothy is a female-led group deemed "a [band] you need to know" (*Rolling Stone*). With music too metal to be country and too folky to be rock, Dorothy is worth checking out if your music taste strays into the strange and unusual.

#5
"Don't Stop The Devil"
Dead Posey

This track "could double as the soundtrack for the witching hour." With "a brew of rough-and-tumble guitars, melancholy lyrics, and femme fatale vocal invocations," Dead Posey is a perfectly witchy addition to this spooky playlist.

#6
"Let's Kill Tonight"
Panic! at the Disco

From my personal favourite Panic! at the Disco album comes "Let's Kill Tonight". This song encapsulates that feeling of "Yeah! We're gonna kill it tonight!", but the omission of the word 'it' makes for a much more morbid interpretation.

#7
"Nocturnal Me"
Echo & the Bunnymen

Stranger Things fans might recall this song from season one, after Nancy crawls into the Upside Down. A bit spooky and dark-sounding, but with the uniquely 80s driving tune, "Nocturnal Me" is a must-have on your Halloween playlist.

#8
"Intermission"
Scissor Sisters

The 20s-style swing disguises this as an upbeat bop, but "Intermission" is dark and twisted, reminding the listener of their impending (and perhaps untimely) death. Its haunting melodies will have you humming this song for days.

#9
"Welcome to Mystery"
Plain White T's

First appearing in Tim Burton's rendition of Alice in Wonderland, "Welcome to Mystery" has an eerie innocence. It echoes the kind of creepy tune you might hear at a carnival, leading you to check that Pennywise isn't lurking behind you.

#10
"(Don't Fear) The Reaper"
Blue Öyster Cult

A classic on most Halloween playlists, it isn't the catchy, hummable melody that makes it fit so well but the lyrics. "(Don't Fear) The Reaper" speaks to the inevitability of death, and that's nothing if not deeply macabre.

#11
"Pretty Little Head"
Eliza Rickman

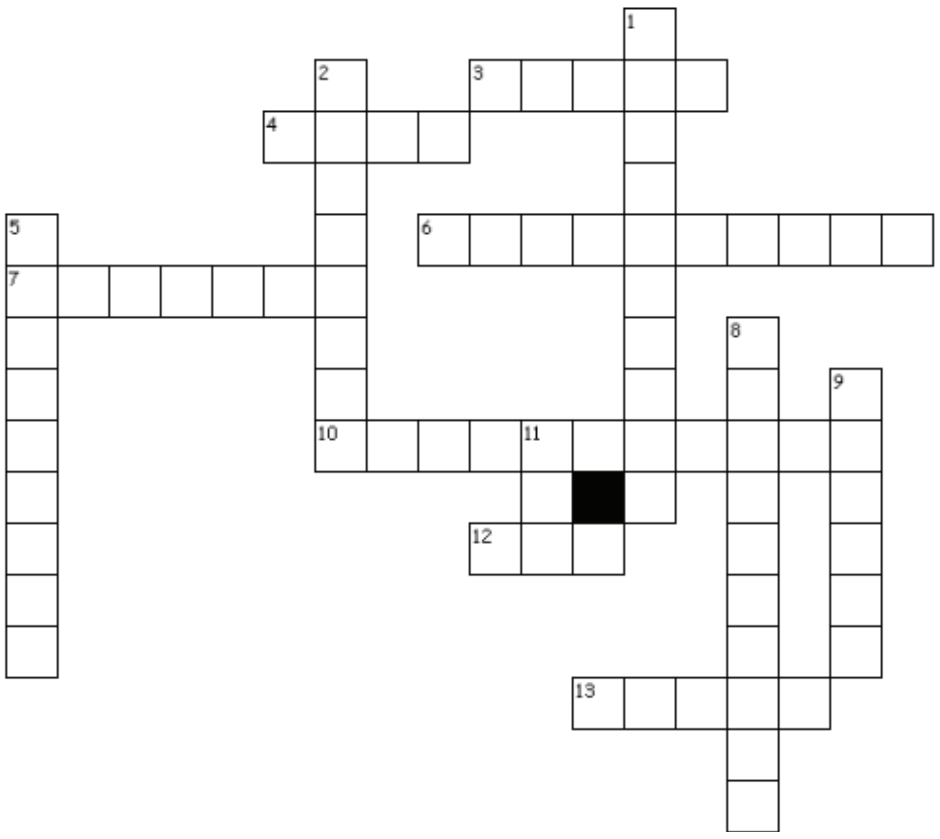
With a beautiful and entirely-too-innocent tone, "Pretty Little Head" is surprisingly sinister. Though reminiscent of artists like Melanie Martinez, Eliza Rickman forgoes a childlike style in favor of much more murderous themes.

#12
"Ghost Story"
Charming Disaster

Appearing in *Welcome to Night Vale*, "Ghost Story" is exactly that—a ghost story. However, this song tells the story of a couple who are happily in love long after one of their deaths. 'Till death do us part' is overrated, anyway.

CROSSWORD

COURTESY OF THE INNIS HERALD



ACROSS

3. Waterfront gardens inspired by Bach's cello suite No. 1 in G
4. Park that included Grenadier Pond
6. Downtown market designated as a National Historic Site of Canada
7. Hall housing the Great Library and the Ontario Court of Appeal
10. Market named the world's best food market by National Geographic in April 2012
12. Canada's largest museum
13. Indoor botanical garde and conservatory featuring six greenhouses

DOWN

1. District that houses the Mill Street Brewery
2. Aquarium southeast of the CN Tower
5. Toronto's oldest public library
8. Canada's largest theme park in Vaughn
9. The Toronto Island with the petting zoo
11. Art museum that offers free unlimited admission for visitors aged 25 and younger

SUDOKU

COURTESY OF PUZZLES.CA

EASY

	7						9	4
1	9	2				7		
5	4			3			2	
6			8	7	5		4	1
		9	6				5	
	3			4				6
7			2				3	
			5			8		9

HARD

6				5				
		5	9	7				
	8							6
				4				
						9	6	
4		7	8					2
		2	3		9			
9								5
			2					1